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Ocpd` 1st Comprehensive Key Treatment and Life Liberation Program -- Progress Monitoring Forms : And Assists -- To Photocopy and Record Daily, to Review, and to Accelerate Mastery Over Ocpd

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Dear Friend, and likely owner, of the authors painstakingly produced, desperately needed, and scholarly endorsed (yet, highly lay-person friendly) achievement in creating and designing the worlds FIRST OCPD Life Liberation Program in compendium format: This accompanying book is, in fact, a perfect companion volume to OCPDs 1st Comprehensive Key Treatment and Life Liberation Program - Scientifically Proven OCPD Psychological Solutions and Historically Demonstrated Spiritual Cures. This is because it consists of Progress Monitoring forms such as, Daily Disciplines sheets, Daily Checklists, Reinforcement Cards, Display Reminder/Inspirational posters, Power Prayers, etc., specifically tailored for the OCPD Program participant to track (record), and monitor (evaluate) his or her progress in extinguishing, step-by-step, all Life-Diminishing, Happiness-Destroying, and Liberty-Assaulting OCPD urges, traits, and characteristics. The clear advantage of procuring a book of this nature is that these forms are INTENDED to be removed from this volume for photocopying, display, and/or lamination purposes. Or, if left in the book, can be photocopied without fear of damaging the source Life Liberation Program compendium from whose contents these forms were reproduced. The OCPD Program participant is encouraged to use these Program Helps on a daily basis in any number of innovative and creative ways. Examples include: framing those posters which have special meaning to you and nailing the frames to a living room or lounge room wall, cutting the reinforcement cards to business card size and placing them on your bedroom dresser, scotch taping them to your bedroom ceiling (as the first thing you see upon awakening), taping them inside your closet door where they are seen immediately upon opening the door, taping them to the inside covers of your favorite books, affixing them to your bathroom mirror, to your desk at work (where appropriate), in your car on the dash, on your boats windshield, or place special ones in your billfold or purse for ready access and review. You may also choose to color-code with highlighter pens cards, or specific sentences within the text of any given card. Other helpful methods to firmly implant these OCPD-freeing and Life-changing ideas of these cards and/or posters, prayers, etc., in your mind would be for you to tape record these great Truths with your own voice for replay and reflection while you are lying down or resting in an easy chair, or just before retiring at night. Or, you may choose to have a trusted, sympathetic friend, tape record them, instead. The PRINCIPAL thing is for you to refer to these mental liberation tools frequently during the day, where morning, afternoon, evening, and night would be ideal. But, should you choose only twice a day, endeavor to adhere to this schedule, and at days end, place a large check-mark on a calendar you have designated in your own mind as your OCPD vanquishing calendar. This way, you will have a visual reminder that you are, indeed, making progress. And, lastly, procure an expandable folder containing pockets wherein you may place your originals, those sheets you have removed from this book, to safely store for future photocopying use. Or, you may prefer to purchase a 3-ring binder wherein you may place your forms, posters, etc., after you 3-hole punch them. Either way, safeguard your forms for future use and their safe preservation. REMEMBER, these pages constitute your LIFE-LINE, professionally-designed, psychologically-Empowering, Program tools to that better life of your dreams, wherein OCPD becomes a thing of your past, simply a memory which ever after will possess NO power to upset or harm you, or those you love - ever again! And finally, it is my heartfelt prayer that you may recognize just HOW VALUABLE these tools are to enhance your life, and reap the RICH REWARDS of doing so! They DO work! Best Mental Health Wishes, NOW and Alw

- [O Caderno Azul / the Blue Book](#)
- [O Debate Normativo Da Lingua Galega \(1980-2000\)](#)
- [Oeuvres, Volume 5...](#)
- [O Come, All Ye Faithful](#)
- [O Come, Emmanuel : Daily Prayers for Advent, Christmas and Epiphany](#)

- [Obstetrics: Normal and Problem Pregnancies Elsevier eBook on VitalSource \(Retail Access Card\)](#)
- [Obstetrics and Gynaecology in Tudor and Stuart England](#)